

GAO Wellness and Fitness Center Group Exercise Schedule April 4-8

6:30am classes have been removed from the schedule due to low attendance.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:30 am - 12:15 pm	Step and Strength Abby	Work It Circuit Howie	Body Shop Bryce	Pilates David	New time! Body Shop Abby
12:00 pm - 12:45 pm	Cardio Cycle Howie	30-Minute Ride Abby	Cardio Cycle Abby	Cycle Plus Bryce	Cardio Cycle Howie
12:20 pm - 12:35 pm	CRUNCH Abby		Abs David		CRUNCH Abby
12:20 pm - 12:50 pm		Core Blast Howie		Kettlebell Basics Capacity= 10 Howie	
12:40 pm - 1:25 pm	Body Shop Bryce		Kickboxing David		New class! Zumba Jamilah
12:55 pm- 1:25 pm		Kettlebell Training Capacity = 10 Bryce		Kettlebell Training Capacity= 10 Abby	
1:30 pm - 2:30 pm		Yoga Todd		Yoga Todd	
4:30 pm - 5:15 pm	Athletic Conditioning Bryce		Functional Flexibility Abby		
5:30 pm - 6:15 pm	Power Yoga Sonia (ends at 6:30pm)	Body Shop Bryce	Cardio Cycle Howie	Triple Threat Howie	

Hours of Operation

Monday – Thursday: 6:00 am–7:30 pm
Friday: 6:00 am–7:00 pm

Questions?

Call us at 202-512-9890 or
email at fitnessc@gao.gov

- Schedule is subject to change.
- All class participants must wear proper footwear for their safety.
- Please arrive in time for warm up and stay to cool down in all classes for your safety.
- Highlighting indicates temporary instructor substitutions, new classes or class time changes.